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# the SPECTRUM

Wednesday, February 15, 2012

Sacred Heart University - Fairfield, Conn. Volume 28, Issue 15

## Luxembourg campus to offer full-time MBA program next fall



Photo Courtesy of Tracy Deer-Mirek

Sacred Heart's new, full-time MBA program in Luxembourg features a nine-month paid internship.

Mike Peterson  
News Editor

For over a decade, Sacred Heart University has offered summer courses at its campus in Luxembourg. Now, the John F. Welch College of Business will expand students' opportunities with a full-time MBA program in the European country.

Starting in the fall of 2012, the MBA program will be a 15-month experience with nine months of paid internship. The experience is the same as the College of Business in Fairfield, with the addition of the internship.

Sacred Heart administrators are excited about the new development.

"It's a really cool opportunity," said Dr. Mary Trefry, associate professor of management, who has worked at the Luxembourg campus since 1998. "When you think of business today being so global, any kind of international experience is a huge advantage."

Junior Caitlin Bourke agrees.

"It's a good idea," she said. "You get to see a new culture and lifestyle. It also makes you more independent and gives you the opportunity to meet new people. I went to Ireland, so I know what it's like."

The university hopes to bring in students from the U.S. and around the world for its program. Due to Luxembourg's small size and landlocked location between Belgium, France, and Germany, the vast majority of students come to the Luxembourg campus from the immediate area.

Administrators are making strenuous efforts to attract a wide range of students.

"We're looking to attract students from Asia and South America," said Trefry. "Cori Nevers, director of international admissions, is traveling to China. And we'd also like three to five people from the U.S."

Bourke applauds Sacred Heart's efforts, but also acknowledges that students may have reservations.

"I think it's a long time to commit to going away," said Bourke. "A lot of it will depend on the expenses."

See LUXEMBOURG on page 3...

## Giusti speaks on health and hope

Julianne O'Hara  
Staff Reporter

Kathy Giusti, the founder and CEO of Multiple Myeloma Research Foundation (MMRF) and the Multiple Myeloma Research Consortium, came to Sacred Heart University Wednesday, Feb. 8.

Giusti spoke about the trials and tribulations experienced when trying to launch a career in the business world. She answered questions and gave tips based off of what Giusti went through while starting the MMRF, an organization to fund innovative research and drug discovery for Multiple Myeloma.

"I realized pharmaceutical companies weren't going to go out and find a cure for something that only affects 50,000 people," said Giusti.

Giusti approached the situation proactively.

"So what I did was I created a non-profit organization that has raised close to \$200 million in just about 12 years," said Giusti. "I created a nonprofit that runs like a business."

Giusti is also a survivor of Multiple Myeloma. She was diagnosed with the rare blood disease in 1996 and was given three years "to get her affairs in order."

In 1998 she started the non-profit organization, and struggled to find scientists who would be interested in studying a cancer that was not well-known.

"Back then the goal was to find any centers that would focus on multiple myeloma because it was so uncommon to have scientists researching for it," said Giusti.

This non-profit, which is now the number one funder for Myeloma research, has raised over \$200 million. According to researchers a successful non-profit raises about \$1-2 million.

With a team of doctors and scientists, the organization has found four FDA-approved drugs that have treated the blood disease. Before MMRF, there were no drugs to treat it.

Giusti was named one of Time magazine's 100 most influential people in the world.

Also on that list were Michelle Obama, Mark Zuckerberg, and Nicolas Sarkozy, the president of France.

"Kathy Giusti is such an inspirational figure especially for someone who is going into the business world. I found it very informative," said sophomore Taylor Filanowski.



The Spectrum/Julianne O'Hara

MMRF CEO and founder Kathy Giusti speaks at Sacred Heart about the foundation.

See GIUSTI on page 3...



# Facebook IPO grabs investors' attention

## *Causes speculation of company's value*

Kerry Browne  
Staff Reporter

Facebook has announced its plans to file for an initial public offering, or an IPO. Often referred to as "going public," IPOs allow investment in the company by the public. The announcement has received widespread attention in the media, but certain aspects of the IPO are yet to be determined.

According to Vasantha Rao Chigurupati, professor of finance, this announcement has gained so much attention for two reasons.

"Facebook is in a unique position because it has a monopoly on social networking. For its closest competition, I cannot think of anyone but Google+," he said. "But even that hasn't made any dent in Facebook's subscribers."

Chigurupati also doubted the impact of the rise of non-social networking competitors like Twitter.

"They have been coexisting for quite some time. I see both them as complimentary, rather than as substitutes," he said. "It doesn't have to be either or."

Another reason for all the attention is the timing of the IPO.

"Investors are looking for some good news these days with all these worries that are going on in Europe and in the market," he said. "For Facebook, the timing is good. The markets are doing well now."

A major focus of speculation has been the value placed on Facebook as a whole.

"Even with all the advances in finance, the IPO evaluation is still an art rather than a science," said Chigurupati. "This is because there is no predetermined market price."

But this has not stopped speculation on possible

ranges, with a range of \$50 billion to \$100 billion, according to CNN.

Although Facebook will not actually be available to the individual public for some time, it has generated interest among business students. Junior Tom Broschardt, a sports management and finance major, said he would like to invest in Facebook for a hypothetical portfolio for a finance class.

"Facebook has to be one of the biggest websites that is used and checked on a normal basis," he said.

Based on the historical performance of similar companies, Facebook is expected to do very well initially.

"It will definitely go up in the first few days, but will quickly decrease," said Chigurupati. "For example, look at the latest tech stocks that have gone to IPO: Groupon, LinkedIn, Pandora," he said. "All of these, if you look at the IPO and today's price for them, it's less today."

The riskiness of Facebook is likely to draw more risk-prone investors.

"That \$100 share might become \$50, and you can't take that kind of risk as a retiree," said Chigurupati. "Investors who go after these stocks are fairly young in the spectrum -- they are in their 40s."

Students such as senior Jane Taikina expressed concern over changes that could occur due to the IPO.

"Am I going to have to pay for Facebook?" she asked. "Because I'm not going to pay for it."

However, Chigurupati does not believe that the IPO will cause subscription fees.

"Yahoo was one of the most valuable companies during the tech bubble," he said. "Did they charge anything for having a Yahoo account or something like that? No, not even today."



## You make the call

### *Donating a used cell phone can save lives*

Erin Burke  
Contributing Writer

In this 21st century, everyone has a cell phone. We know this because when we aren't on one, we spend our time complaining that everyone is, or complaining about how we want a better one. The thing that most of us don't know is that although cell phones are common in the U.S., they are not an understood privilege around the world.

It goes without saying that cell phones have become an essential component for staying connected with the world around us. So in places where they are not easily available, it is hard to stay caught up on current events, or to stay in touch with the rest of the world.

The ONE campaign on Sacred Heart University's campus is working in partnership with Hope Phones to help provide phones to people in underdeveloped areas.

Hope Phones is an organization that collects old cell phones and refurbishes them to work properly. They deliver them to health care workers on the ground in underdeveloped areas of Africa, specifically in Kenya.

As HopePhones.org informs us, America alone discards over half a million cell phones every year. These phones become useless because they are not disposed of properly, and only lead to pollution, as well as plastic and chemical waste.

With these phones, medical supervisors are able to contact their bases in assorted areas of the country to report about materials they need, or to update them on how well a vaccine is working.

The phones allow people to pass along vital information. They keep the whole world up to date on the progress that is being made to improve the value of lives everywhere.

Currently, ONE is attempting to collect 35,000 phones from across the country over the next month. Sacred Heart can do their part to help chip away at that goal. There are going to be boxes set up all over campus where old phones can be donated.

Any phone will do. Your Razr from high school, the Nokia that could be thrown through a wall and still work, even the iPhone 3 that got replaced once Siri came into your life. All phones are welcome and encouraged.

To participate in the donation, locate a box at any of their soon-to-be locations.

To arrange a pick-up, contact Erin Burke at [burkee@sacred-heart.edu](mailto:burkee@sacred-heart.edu) or Margaret O'Connor at [oonorm@mail.sacredheart.edu](mailto:oonorm@mail.sacredheart.edu).

So this Valentine's Day, if that special someone in your life picked up on all of your not-so-subtle hints, and finally got you that new Droid, please send your old flip phone to a place that really needs it.

## Calendar of Events

**Wednesday, February 15 - 8:00 p.m.**

Jeff LeBlanc Concert  
Edgerton Center

**Thursday, February 16 - 6 p.m. - 9 p.m.**

Dave Isay  
Edgerton Center

2 p.m. - 4 p.m.

Television, Entertainment & Communication Career Forum  
University Commons

**Friday, February 17 - 5:30 p.m. - 8:30 p.m.**

Valentine Dinner  
Faculty Lounge

**Saturday, February 18 - 4 p.m. - 7 p.m.**

Men's Volleyball vs. Penn State  
Pitt Center



# 'Occupy' course brings current events into class

Jennifer Biagiotti  
Staff Reporter

Inspired by the Occupy protests across the country, Roosevelt University in Chicago is offering a three-credit political science course about the recent movement.

According to the Associated Press, the "Occupy Elsewhere" class offers a broad range of analysis of the protests.

Sacred Heart University is located roughly 60 miles from the Occupy Wall Street demonstrations in New York City. The "Occupy" class raises the question of whether or not professors should include current events in their lectures.

Sophomore Jamie Barmakian is supportive of the idea.

"I would appreciate teachers doing more to touch on current events in my classes," she said. "I think it would make the class more interesting and more relatable to the world that we are living in."

Dr. Michael Landis, visiting instructor in 19th-century American history at Sacred Heart, is encouraged by the Chicago-based class.

"It's good to see that Americans still perceive injustice in their country and feel compelled to do something about it," he said. "Apathy is the death of democracy and freedom."

Some students express interest in taking a class similar to the one at Roosevelt.

"This would be a valuable course," said sophomore Maggie Vogel. "Our generation is going to run the country, so it is best if we are informed of what is happening around us."

As of now there are no courses based on current events at Sacred Heart. The issue of whether current events should be incorporated into existing classes is divisive.

Landis constantly encourages students to compare modern times with the past, with or without a class solely dedicated to current events.

"I do not shy away from recent history and current events in my classes," he said. "I encourage students to see connections between today and the past."

However, Dr. Thomas Curran, professor of Asian history, has reservations about further teaching students about issues related to the Occupy movements.

"I do not bring these issues into my classroom, because that is not my job," he said. "In my opinion, to do so would be pretentious, and it would amount to an attempt to indoctrinate students."

Others are concerned that classes strictly focused on current events are too specific.

"History classes should not be solely focused on our country's current events," said sophomore Kristin Cincotta. "Rather, our country's current events should be taught periodically in comparison to our nation's history and establishment."

Cincotta ultimately believes in a balance between the present and the past.

"History and current events are similar, but are not the same," she said. "Present-day issues should not be the basis of courses, but they can be incorporated into them."



AP Photo

The Occupy demonstrations influence a unique course at Roosevelt University in Chicago.



Photo Courtesy of Liz Mastracola

A band performs during Kappa Sigma's Band Aid El Salvador event in University Commons.

## Band Aid helps heal El Salvador

### Kappa Sigma hosts event for Sacred Heart delegation

Jessica Luby  
Staff Reporter

Kappa Sigma sponsored Band Aid El Salvador last Tuesday, Feb. 7 in order to raise money for the El Salvador delegation.

Senior Jesus Martinez and his fraternity, Kappa Sigma, were responsible for this event after nearly a month of hard work and organization.

Held in the University Commons, this was the third Band Aid event hosted by Kappa Sigma.

"The first event was Band Aid for Japan, which raised about \$1,000," said Martinez. "Then we did Bands on the Frontline, which brought in \$800. Now we're doing Band Aid El Salvador, and that's raised \$600."

Martinez explained how proud he is of those who made the event possible.

"I'm proud of my brothers and the support they have given to each of these events. They've really taken the initiative to stay active," he said.

The night was something that not only offered aid for the El Salvador delegation, but also provided an enjoyable time for those who attended.

"Band Aid El Salvador was a delightful evening filled with good music, food, and great company," said senior Amy Rose Montaruli. "I thoroughly enjoyed myself during the evening. I had fun sharing my love of the culture of El Salvador with others."

Sacred Heart has been sending a delegation to El Salvador for the past 20 years. To commemorate their 20th anniversary, the delegation has a special goal in mind.

"In honor of this special year, we are striving to mirror that number in our efforts to raise \$20,000," said Montaruli. "We will be using the

money to assist the men, women, and children of El Salvador where it is needed most."

The University Commons was filled with Greek Life members, every member of the El Salvador delegation, and members of the Sacred Heart community, all eager to support the delegation for their upcoming mission trip.

"I had fun," said senior Kelly Moulton. "I loved the Mexican band. They taught us how to salsa."

Moulton expressed how excited she is to go to El Salvador.

"I've always wanted to go on a mission trip since I was in high school," she said. "Although it is scary to travel to a third-world country, I'm excited to learn about their culture."

The excitement and high emotions run true throughout the entire delegation.

"There are no words to describe how excited I am to go," said senior Adrianna Rocca. "I can't even articulate my emotions."

The members of the delegation have been doing their best to prepare for the trip. They have researched the culture, prepared, and watched slide shows, and have tried to ready themselves for what it will be like once they get there.

In spite of their preparation, members who have never been to El Salvador are unsure of what to expect.

"Since this is my first time going, the operative word to describe how I feel is 'unknown,'" said Rocca. "Even though we prepare for what we will see, for me, it is still unknown. Therefore, I sit on the edge of my seat to begin my own chapter."

Montaruli, who has already been to El Salvador, is excited to go back and experience El Salvador with other delegates.

"I can't even explain how blessed I feel to return 'home' to El Salvador," she said.



# MMRF raises money to help treat Multiple Myeloma patients

## Foundation was inspired by Giusti's battle with cancer

...CONTINUED from page 1.

Giusti received her bachelor's degree at the University of Vermont and went on to fulfill a masters of business administration at Harvard University.

"We do everything we can to make sure the next generation of treatments is brought to patients as quickly as possible," said the organization's official website, TheMMRF.org. "This is done from bridging drug discovery gaps through our innovative research portfolio and funding early-stage research, to developing novel business solutions that inject speed and efficiency into every step along the drug development pathway."

Giusti emphasized the importance of having a team that can work together towards a common cause.

"Cancer is a huge issue for the country right now. One out of five people have cancer," said Giusti. "Many of the cancers are uncommon, so if you want to become more efficient, you have to have the scientists and surgery work together."

The first thing that was important, according to Giusti, was to write a strategic plan.

"If you know what you want to do, and it's planned, then you're heading in the right direction," she said. "You can't raise the money without a plan, especially when talking to investors."

The average life span for Myeloma patients was once only three years. Now, with the help of the MMRF staff, the average life expectancy for patients is 7-8 years.

"It's challenging because I never leave cancer," said Giusti. "We have a job to do. I am lucky that I am still here, but I need to keep moving ahead."

# New program offers international internship

...CONTINUED from page 1.

"Students don't have to know a word of French or German," she said. "Of course, it would help. But everything is in English."

The lack of a language barrier could be a key factor in students' decisions.

"It's certainly helpful," said junior Kevin DeWitt. "Going to a foreign country can be difficult enough, but having to speak another language makes it worse. It's great that that isn't an issue in Luxembourg."

Trefry emphasized that the internship is one of the biggest advantages of the program.

"Not many programs guarantee an internship as part of the studies," she said. "The internship pays 1,000 euro, or about \$1,300, per month."

In spite of its size, Luxembourg is an important financial and political hub. According to Trefry, it is one of the foremost financial centers in the European Union. Its capital, Luxembourg City, is also home to the European Court of Justice and the European Investment Bank.

Luxembourg is also relatively close to many major European cities.

"It has a central location in Europe," said Trefry. "It's two hours to Paris and Frankfurt by high-speed train, and about five hours to Amsterdam."

The opportunity to travel across Europe is pleasing for some students.

"I'd love to be able to go to different cities while I was studying," said DeWitt. "It's definitely a fun program in that sense."

The Welch College of Business in Luxembourg is also offering other programs. The school is now accepting students from the University of East London for finance courses, as part of their training for a Master's degree in finance.

"The classes they take in Luxembourg will help them earn a global investment certificate," said Trefry. "Students from Sacred Heart may be taking some classes with them."

Tomorrow Trefry, along with director of graduate admissions Alexis Haakonsen, will present an information session with details on the MBA program at 7 p.m. in the faculty lounge. They will describe the program in detail, and answer any questions that students may have.

As Sacred Heart has continues to expand its international programs, Bourke sees this as a positive development.

"I think they should continue to emphasize them," she said. "They do a good job of sending e-mails telling people to go to information sessions. They should continue to push it."

## STUDY ABROAD INFORMATION

### Luxembourg MBA Information Session

Thursday Feb. 16- 7 p.m.-8 p.m.

Faculty Lounge

### Full Semester locations:

Australia, Rome

### Summer Session Locations:

Bermuda, Berlin, Rome, Grenada

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## Perfect workout duo: music and fitness

Caitlin McLaughlin  
Staff Reporter

Walking into the William H. Pitt Center at Sacred Heart University, students can be seen working out with iPods in hand, and earbuds in ear.

As sophomore Brandon Hutchinson prepares for track and field practice, he makes sure to choose the music that he will be listening to in accordance with what type of workout he has planned for that day.

"When running an intense workout, I like to listen to something really fast-paced to help me push through it, so something like 90s hip hop or some rock songs," he said.

A recent study reported by the "Huffington Post" showed some "potentially compelling results" when it came to exercise performance and music.

Students were put into different exercise routines while listening to popular songs as they worked out.

"What the volunteers didn't know, was that the songs were played at three different tempos; normal, 10 percent faster and 10 percent slower," said Jill Brown,

a fitness expert trainer who writes for the "Huffington Post."

The routine showed that the slower paced music led to a slower heart rate and workout, and the faster paced music gave the opposite effect.

Junior Julie Albanese agreed that her choice of music is dependant on what kind of workout is being done.

"When I'm on the treadmill, I either watch the TV or listen to my music. If I'm looking to run then I will definitely be playing fast music to keep me motivated. Watching and listening to the TV makes me go at a much slower pace," she said.

Many students have also made it clear that working out in groups helps motivate them to work harder and longer along with music, such as Zumba, yoga, Pilates, and spin classes.

"Going to a spin class definitely motivates me a lot," said junior Luz Caceres. "Having music blast throughout the whole room adds to the atmosphere and gets me more hyped up."

Caceres also said that while in a spin class, having everyone going at the same pace makes you unaware that you are working out as hard as you are because you don't have the time to think about it.

Students are not only using these fast-paced beats to keep them motivated, but are also listening to slower paced music in order to keep them from working out too hard. According to some students, they are not always looking for a demanding workout.

"I like to listen to something with a mellow vibe, like pop or reggae, if I am doing a long run or some type of casual workout," said Hutchinson.

Research has consistently shown that working out to the rhythm and tempo of the music you are listening to helps one work harder in every aspect of a workout. The tempo of the music sets the pace of the movement, and it can elongate the workout.

"Even when I am walking on the treadmill, I find that listening to a faster song makes me want to run again," said Albanese. "It motivates me to work harder."

And according to Albanese, exercising is not the same without music.

"I wouldn't be able to workout as well as I do without my iPod," she said. "I think that it has become like second nature for most students to automatically associate music with fitness."



The Spectrum/Dana Maltese

Sophomore Cary Pedicini exercises while listening to music.



The Spectrum/Samantha Purnell

Sophomore Kim O'Connell reads the school paper while drinking coffee in the morning.

## How do you do SHU? How to handle your mornings

Amanda Rivera  
Contributing Writer

Well if I didn't spend last night doing laundry and screaming at my computer screen, getting to class in the morning would be great.

I would have time for a Danish, I could learn a new language, and even solve world peace with all my free time. In fact, I would probably only be brushing my teeth right now.

Instead, I'm brushing my teeth and writing this article, while trying to figure out what I'm going to wear today because I hit my snooze button one too many times.

I would like to add that I am in love with the snooze button. I think he's great! However, I hate how he's not perfect and always gives me mixed messages. Sadly, Cosmo does not have a snooze button decoder.

My snooze button tells me whenever I hit him that I'm going to get a few more precious moments of glorious sleep, and that he'll scream to wake me up in time. But lately, I've been hitting him a lot, so every now and then he doesn't scream to wake me up. Rather, he doesn't do it loud enough.

If my snooze button were actually a real person, not only would we have one of the

weirdest relationships I know, but I'm pretty sure that it would be classified as downright abusive. Thank goodness he's a button and not a person so I'm in the clear. Thank you legal system!

After abusing my snooze button, I have to decide whether I will take the SHUttle or my car to class. I usually take my car because I hate waiting outside like a lost puppy for a SHUttle that does not come every 10 minutes to Parkridge and Oakwood.

In all actuality, Sacred Heart, it comes every 15 to 20 minutes, so stop telling upperclassmen these lies! So for those of you who rely on Sacred Heart mass transit, be advised. Those extra five to 10 minutes are a slap in the face when you are in a time crunch, and when every minute counts.

Getting to class is like a race to the finish. When sitting at the light, waiting to make a left turn into campus, you know how painful it is to wait for the annoying green arrow. At this point, you're wishing you hit the snooze button one less time. Once you miss the arrow, add another 10 minutes to your commute.

The moral of the story, treat your snooze button with respect and avoid a mad dash to class.

## GPA vs. extra curricular Which is more important in the 'real world'?

Dan Miller  
Staff Reporter

With the "real world" right around the corner, students are looking to impress future employers with their resumes. The most pressing question remains: Are grade point averages (GPA), or extracurricular activities more important to landing that dream job?

Many Sacred Heart University students said that extra curricular activities provide employers with a more accurate view on the candidate.

"I've constantly heard to stay involved in clubs, like Greek Life, and make connections through service work," said senior Jennifer Hlavac. "I don't think grades are all that important on a resume because they don't express your values."

Many students agreed and said that extra curricular involvement is what they think most employers find desirable. As a result, they try to keep themselves active on campus.

"Extra curricular activities are definitely more important. All your GPA does is show how well you can perform on a test and in the classroom," said senior Jen Porti. "When you have a multitude of activities on your resume, it shows the employer that you like to be actively involved."

Sacred Heart staff members said keeping students involved in extra curricular activities is important for the undergraduates' futures.

"Students need to make connections while they are in school. [They should] volunteer or intern somewhere relevant to their area of study. Having a great GPA is important, but it isn't going to get you a job," said criminal justice professor Tanya Grant.

Many students and staff said that

extra curricular activities can give you an extra added bonus when it comes to applying to jobs.

"Activities also show personality and hands-on skills that a person who has a high GPA might not have. I rely more on my activities than anything," said Porti.

However, some students said that having a high GPA and good remarks are just as important to future employers as networking through clubs and other organizations.

"I think a high GPA enables you to stand out, and if your extra curricular activities apply to the job, it can be viewed as a plus," said senior Gail Gillespie. "I personally do extra curriculars independent from the thought of putting them on my resume and I concentrate on my GPA."

Many students agreed that although extra curricular activities can give you an edge, having an impressive GPA is also vital.

"I'm involved in a variety of clubs and activities on campus which do help to build my resume," said senior Adriana Rocca. "However, I don't necessarily believe that someone can land a job solely based on their involvement in an organization, which is why I do value my grades. Having both proves to employers that the person is well-rounded which is the most important thing."

Senior Amy Rose Montaruli said that she agreed with concentrating on both a high GPA and many extra curricular activities.

"Employers are all looking for that balance of good grades and involvement in various sports and clubs. They want someone who is going to be dedicated to their work but can also work well with others and be personable," said Montaruli. "I think it's important to focus on both, but not overwhelm yourself with either."



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Perfectmatch.com is a popular online dating website.

The Spectrum/Kathryn Cooper

## Finding 'the soulmate' on the internet

### Conveniences and concerns of online dating revealed at SHU

Erin Marley  
Staff Reporter

First, you walk into a bar and look around. Then, you grab a seat, order a drink, and start a conversation. For some, it can be that simple, but for others, finding a compatible mate is a challenge.

That is why many people have turned to online dating comes into play.

Although it may seem easier in today's society, recent studies show that there are two main problems with seeking love through the Internet.

"First, poring over seemingly endless lists of profiles of people one does not know, as on Match.com, does not reveal much about them. Second, it overloads people and they end up shutting down," said author Eli Finkel, an associate professor of psychology at Northwestern University, in an interview with MSNBC.

Despite what this research shows, some members of the Sacred Heart University community argued otherwise.

"My sister met her husband through an online dating website," said sophomore Blair Koniszewski. "She read his bio and chose him because she thought he sounded funny and cute. They hit it off and now they are married and have a baby girl."

Koniszewski is not the only one who affirms that success can come from online dating.

"My sister met her husband on Yahoo. They have been together for three years and they just had their first child together," said athletic trainer Kristin Emerick. "I think online dating gives you good perspectives of different personality types and they do a good job of matching."

Unfortunately, not all online dating stories end with the perfect match.

"Before my mom met my step dad, she tried online dating," said sophomore Rochelle Graveline. "She went out a few times but it didn't turn into much."

Even though many people know of a success story brought on by online dating, there are some people who would not be

open to trying it.

"I don't understand how someone can commit so much time into a computer screen and not know what the other person looks like," said senior Kelsey Cox.

Cox is not the only one who expresses hesitation towards meeting a potential significant other online.

"I personally wouldn't do it. I think it is weird getting to know someone online and then seeing if you have chemistry in real life -- and there are a lot of 'creepers' out there," said Emerick.

For some people, online dating may be the most convenient option when trying to meet someone.

"I would try online dating," said freshman Will Herlihy. "It is really hard to go out and meet someone new when you don't know anything about them."

Some students agreed that online dating is favorable for people with very involved and busy lives.

"It is definitely an appropriate option for those who have busy schedules," said junior John Lopresti. "I believe that it is possible to find someone you are compatible with through online dating."

While online dating may be helpful for someone with a busy schedule, others feel it is an unreliable basis on which to form a relationship.

"In my experience, I found people barely had the time to share brief introductory e-mails, and if that's the case now, how is anyone going to find the time in their schedules to actually meet or build a relationship?" said psychology professor Dr. Carrie Picardi.

Although online dating is a convenient method to meet people in today's hectic society, many students agreed that it just doesn't compare to meeting face-to-face.

"I heard on the radio the other day that online dating is the second most popular way to meet people," said junior Stephanie Ringbauer. "The first is through friends."

# He Said/She Said

What is your ideal Valentine's Day?

Andrew  
Cresci  
He said



As a guy, I have the perception that Valentine's Day is something that isn't exclusively for me. The day comes around once a year and is pretty much all about the girl in every relationship.

For us guys, Valentine's Day is mostly about the fact that we're responsible for making it perfect. We're pressured to meet her lofty, media driven expectations that she's gathered based on romantic comedies.

When you get down to it, Valentine's Day is a Hallmark holiday. Yet if Feb. 14 is not done "right," it can cause just as much harm to a relationship as it can cause good.

Valentine's Day in itself seems to sometimes put so much unnecessary pressure on people, but mostly on single girls. It is that one day a year that calls out all of the insecurities of young girls who are single and do not have a valentine.

Just as the media portrays them, these single girls sit at home in sweatpants and eat their feelings out through ice cream and chocolates. Either that or you girls just complain about it (we can hear you in the hallways... just saying).

Single girls seem to get too emotionally invested in the fact that they are single around this time of year.

What they have to understand is that while it is a couple's "holiday" and it happens at the same time every year. Just because you don't have a significant other now does not mean that will be the same forever. That's the beauty of the holiday coming around once a year -- you have a whole year to prepare for it next year.

Media also portrays men as having to make these near impossible grand gestures. We're pressured to make the night "perfect" and have the girl swooning by the end of the evening. Sappy? Yes, just a little.

The reality of this situation is that most guys get by on doing the bare minimum. Just because you cannot do something crazy does not mean you settle and give up.

In my opinion, grand gestures are great when you can do them. Yet most of the time, doing something meaningful for them counts just as much as the ridiculous grand gestures.

At the end of the day, the fact that you're actually attempting whatever it may be will end up meaning just as much. It could end up meaning more than anything you give her that is traditional for Valentine's Day just as long as you actually put sincere effort into it.

This year, I plan on going old school with the holiday favorite -- flowers and then adding the personal touch and making the girlfriend dinner.

F.Y.I., knowing how to cook totally gets you bonus points guys. It's honestly not that hard to learn and it impresses the ladies.

I'll probably figure something else out to throw in there before the day arrives. But like I said before (cue the sentimental music), just do something that shows you care.

That is the ultimate point of Valentine's Day, isn't it?

Stephanie  
Taglianetti  
She said



I am just going to flat out say it -- I hate Valentine's Day!

Over the course of the last week, I have been asking my friends the question "What is your perfect Valentine's Day" and, to my surprise, I was getting answers similar to my own.

I do not hate Valentine's Day because of bad experiences in the past which caused negative feelings. I just hate the whole idea of Valentine's Day. Why do we have to put such an emphasis on our relationships one day out of the entire year?

I hate to sound corny, but why can't every day be just as special as Valentine's Day? I am not saying you should go out and buy chocolates and stuffed animals for your significant other every day, but you should be expressing your feelings to them every day.

That's the biggest reason why I hate Valentine's Day. People are expected to buy gifts and there is such pressure to create the "perfect day" on Valentine's Day.

Why? Why on Feb. 14 does everything change? Why do people who are just starting a relationship with someone have to feel obligated to buy their new girlfriend or boyfriend a gift as a token of their love and affection? Why do people who have been married for years feel obligated to buy the perfect gift and create the perfect setting to exchange gifts?

I really do not and never will understand why this day has become such an epidemic. You should not feel pressured to show your love through gifts and romantic excursions on Feb. 14 just because you feel obligated to. If you want to show your love to your partner through gifts and such, it is more meaningful if you take them on a romantic rendezvous on a random day.

Seriously. I was surprised to hear that many of my friends and peers who are presently in relationships have the same opinion. I guess I was surprised that many of my girlfriends thought that Valentine's Day was a joke and "was created by the candy and card companies to make money," as one of my friends put it.

I really do think that Valentine's Day is a joke. If you love someone, you would not have to prove it by planning a romantic getaway or fancy dinner one day out of the year just because everyone else is doing it on that day.

Of course, we all want to make our partners feel special, but do not limit your profound affection to one another to Feb. 14, and you definitely should not make Valentine's Day more significant than any other day.

I am not saying you shouldn't go out and get a gift for your boyfriend or girlfriend this Valentine's Day, because I am sure that would just cause a fight. I just want you all to understand that a relationship is special 365 days out of the year, not just on one specific day.

So if you love Valentine's Day, make it special, and keep up the Valentine's Day momentum in your relationship beyond Feb 14.

I hope that everyone has a wonderful Valentine's Day and a wonderful year, and that everyone takes advantage of the marked-down candy on Feb.15.



## Resolving to keep a new resolution

Kelley Bligh  
Managing Editor



It's now a month and a half into 2012. This time last year (and years before), I had already given up on my New Year's resolution. The past few years my resolution has included one or all of the following: eating better, sleeping more, or stressing less. Resolutions like these have set me up for personal failure though. With my schedule and personality, I stress a lot, which leads to eating on the go and short nights of sleep. So this year, I resolved to do something different -- literally.

"I've never seen an IMAX movie," my boyfriend said to me on a beach in Florida right before New Year's.

"Neither have I."

"Let's see one together in 2012."

And thus, my resolution was born.

An IMAX movie may not be a big deal but it spurred me to resolve to make a conscious effort to do things I've never done before.

My new New Year's resolution is the only one I've actually kept for longer than a week. Though spontaneity always sounded like a fun idea, it wasn't always easy for me to follow through on while also trying to be the responsible college student that I am. When faced with a situation, as fun as it may have sounded, I easily came up with several reasons why I couldn't possibly partake.

I'm not saying that I've been spending the year doing extreme, new activities like bungee jumping, skydiving, rock climbing, or even spontaneously dropping everything to travel cross-country. But it's the little things in life that count, right? My resolution this year has just been able to give me a slight push when faced with making a decision -- do I try something new or play it safe?

Just last Tuesday, I surprised even myself with a last minute decision to meet my brother and sister in the city for the Giants ticker-tape parade. Any other time, I wouldn't have given much thought to the idea of hopping on a train to New York on a weekday. But this year -- do something new or play it safe? I'm glad I decided to go with the former, seizing the opportunity to see my siblings and my team at the parade.

Senior year of college is the cliché time to live life to the fullest, do things you may never have a chance to do again, and fit in the most amount of fun as possible. While I hate clichés, they exist because they're true. For me, there is no better time for my resolution to do things I've never done before.

My resolution has helped me expand my personal bubble of comfort and safety, even when it comes down to seemingly insignificant choices like trying new foods, or going to Boston for a night.

Of course there won't be a Giants parade everyday, but I'm looking forward to the little things to come in 2012, especially seeing that IMAX movie.

## Hate of gov't hating gov't

Mike Peterson  
News Editor



If you've seen any of the Republican primary debates, you've heard all of the anti-government rhetoric. Government seems to be the cause of every economic, social, and political problem in the U.S. Each one of the candidates has made his intense loathing for the government perfectly clear.

So why, exactly, do these people want the highest government position in the country?

Maybe this is just me, but I don't aspire to work for organizations that I personally hate. If I felt that the federal government was responsible for the demise of the free market, personal freedom, and family life, I'd want to stay as far away from it as possible. But Romney, Santorum, Paul, and Gingrich are desperate to work for the institution that has supposedly poisoned our society.

Of course, some of them have been around to administer the poison themselves. Who knows more about the ineffectiveness of government than Newt Gingrich, who led an entire branch of the federal government for four years? And what about Ron Paul, who was first elected to Congress when our current president was only 14 years old? These guys are like the lifelong employees at a company that spends all day complaining about management.

In my opinion, one qualification for the American presidency is the belief that the government actually can

work. Another is the competence and knowledge to make it work. The Founding Fathers, whom Republican candidates refer to so lovingly, believed that the government they had created could work to represent all Americans. So should we.

Most GOP candidates have talked of shrinking the government as much as possible when they become president. I don't think this is a wise decision, particularly in economic times as troubling as these. Cutting welfare programs doesn't do much to address our massive debt, but it severely hurts people who are unemployed and desperate to feed their families. The same thing applies to trimming the budget by eliminating federal departments -- it's a great sound bite, but it may ultimately cause more harm than good.

Everyone has their own vision of government, and their own interpretation of its proper role. These visions will clash when the eventual Republican nominee faces President Obama in the general election -- and that isn't necessarily a bad thing. But it's important that anyone running for office understands the role government can have as a force for good.

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## Editor's Choice



The Spectrum/Sean Elliott

This photo was taken at the Bridgeport Sound Tigers game last month in their Breast Cancer Awareness Night. They team wore pink jerseys that were auctioned off after the game.

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**Correction:** In last week's issue on page 10, in the "Get your feet moving in the ballroom dance club" article, the event is not called "Dancing for Heart." It is "Dancing with Heart" and will be held on Feb. 28 in the Edgerton Theater at 8:00 p.m. Student-Government is sponsoring the event.



# Melissa Manchester brings her talents to Sacred Heart

Johanna Ovsenek  
Staff Reporter

From singing in small clubs in Greenwich Village, to singing beside Bette Midler and Barry Manilow in the 1970s, Grammy award-winning singer and songwriter, Melissa Manchester, has now shared her talents with Sacred Heart University.

Fans from all over Connecticut piled in to the Edgerton Theatre on Sat., Feb. 11, to watch as she performed some her smash hits such as, "Don't Cry Out Loud" and "Midnight Blue."

She performed all of her songs on stage with well-known pianist and guitarist, Stephan Oberhof.

"I love coming back to the east coast. It's so beautiful here," Manchester said in an interview with Spectrum. "Performing my old and new songs live is a very fulfilling experience."

Enjoying the intimacy of the performance, Manchester took time in between almost every song to talk to the crowd, and she met fans in the lobby afterwards for hugs and autographs.

"It's wonderful to see her in person," said Karen Pirhalla-Wlodarski, a fan from Stratford. "She is so down to earth and personable."

One of the biggest crowd pleasers of the night was when she performed her smash hit, "You Should Hear How She Talks About You," with footage playing behind her of her performance of the same song in the 70s. She joked with the crowd about her cheesy shoulder pads and how the song had made her "the queen of aerobics."

Manchester's stories, and ability to joke about herself left an impression on Cheryl Constand, a fan from Fairfield.

"She has so much spirit on stage, you can tell she loves what she's doing and puts on an amazing show," she said.

After graduating from the High School of Perform-

ing Arts, Manchester attended New York University for acting, but soon changed her focus to singing after enrolling in a class taught by Paul Simon.

"Paul had simple ideas for how to approach songwriting," Manchester said. "He taught me that all of the stories have been told but it's the way you tell your stories that gives you authenticity."

It wasn't always easy for Manchester as she struggled for many years to get her foot into the door of the entertainment business.

"I parked cars and even worked as an assistant on Sesame Street," she said. "Record companies kept turning me down, so I played at college coffee houses and continued making demos."

Manchester believes that her big break came after she released the song "Midnight Blue."

She then took her talents in music even further by establishing her career as a songwriter, Broadway actress, and composer.

Her songs have been recorded by the likes of Barbara Streisand, Dusty Springfield, Alison Krauss, and many more.

Her efforts paid off in 1980 when she became the first artist in history to be nominated for an Oscar for two movie themes in a given year.

"I remember sitting around the living room with my friends and singing all of her songs," said Wendy Rich, of Fairfield.

Today, Manchester teaches uprising singer and songwriters at the University of Southern California.

"What I teach is about the art and craft of conversational singing," she said. "You have to stay healthy, embrace fun, and be mindful of the gift that is your life."

Mike McCann, an entertainment journalist and broadcaster for WFAN New York Radio, was part of Saturday's crowd of fans. He said that Manchester clearly has a great appreciation for music and understands the power of performance.

Manchester recently released a compilation of new

and old hits called "Playlist: The Very Best of Melissa Manchester."

She also recently co-wrote a song for Tyler Perry's film "For Colored Girls" called, "I Know Who I Am," which she told Saturday's crowd she was honored to have sung by Leona Lewis.

"This is our third time seeing Melissa live in concert and every time it gets better and better. Her voice never changes," said Milford resident Maureen Moore.

In the future, Manchester said she hopes to continue to write songs and perform for live audiences.

"I strive to live a very sparkly life," she said. "It's my creative impulse to write, sing, and have adventures."



Photo Courtesy of Melissa Manchester

Grammy-winning musician takes the stage at Sacred Heart, coincidentally during Grammy weekend.

## Houston dies at 48

Lisa Manente  
A&E Editor

On Sat., Feb. 11, iconic musician, Whitney Houston, died in her Beverly Hilton hotel room at the age of 48.

According to the Associated Press, Houston was found by a friend, unresponsive in the bathtub of her hotel bathroom. She was pronounced dead shortly after.

Sources spotted Houston partying at a pre-Grammy bash shortly before her death. Now, many are speculating if the cause of death had anything to do with substance abuse.

Houston's admitted drug use had recently been taking a toll on her career. The sales of her new album were significantly lower than in her prime, and her once powerful voice was noticeably raspier and unable to hit the high notes that had once made her the legend she was.

The Los Angeles coroner's office performed an autopsy on Houston's body shortly after her death. For now, they will only say that there seems to be no trauma involved in her death, but will not confirm any results until the toxicology reports come back in six to eight weeks.

Minutes after news of the singer's death broke, celebrities took to Twitter, and later the stage, to express their sadness and condolences.

Houston's death took place the day before the Grammy Awards, which lent a sombre atmosphere to the normally boisterous award show.

Host LL Cool J started the show with a prayer. Bruno Mars, Stevie Wonder, and Rhianna all gave shot outs to the singer in their performances. Jennifer Hudson sang an emotional version of Houston's, "I Will Always Love You," during the tribute portion of the show.

Many questions are still left unanswered as investigators are continuing their search around details of Houston's death.

Information from the Associated Press was used in this article.

Look in next week's issue of Spectrum for developing details and student reactions.



AP Photo

Whitney Houston's unexpected death saddens millions.

## Madonna 'vogues' on the halftime stage

Emmett Manning  
Staff Reporter

One of the world's most notable entertainers took the stage Feb. 5 for the Super Bowl XLVI halftime show.

At the highest rated halftime show in history, Madonna chose a medley of her past chart toppers and new songs, to perform for 114 million viewers, according to USA today.

Madonna started the halftime show with a grand entrance. She was carried onto the field by an army of Roman gladiators while performing her new single, "Give Me All Your Luvin'."

Throughout her performance, Madonna sang her other hits, "Vogue," "Music," and "Like a Prayer," accompanied by a robed choir behind her.

She shared the spotlight with rappers Nicki Minaj and M.I.A., who brought some familiar halftime controversy.

In an unedited, and supposedly unrehearsed moment, artist M.I.A., gave the middle finger on camera.

The backlash from the incident caused both the NFL and NBC to release an apology for the performer and censor slip.

While some viewers thought M.I.A.'s offensive gesture wasn't as bad as Janet Jackson's wardrobe malfunction during the 2004 Super Bowl halftime show, senior Kassy Martin thought otherwise.

"It's live and it's the Super Bowl. How

dumb can you be to flip off the camera?" she said.

Other performers who performed in the 12 minute show, were LMFAO and Cee Lo Green.

LMFAO sang along side Madonna during "Music" and Green made an appearance during "Like a Prayer."

Senior Ryan Farrar enjoyed the cameos. "They were perfect. They were great on stage, dancing and singing. It was wild. They had great chemistry and [played] off each other very well," he said.

While the performance was short, the material girl managed to still make numerous outfit changes. During her song "Vogue," she was wrapped up looking like an Egyptian queen.

In her next song, she was dressed down looking like a high school cheerleader with pompoms and high leather boots.

However, senior Julia Fuller felt the outfit choices were inappropriate for the 53-year-old.

"She needs to act her age. Dancing around waving pompoms is not appropriate for someone her age," she said. "She obviously still has the talent to perform, but is no longer 25 years old."

Regardless of the feeling towards her halftime performance, the singer isn't planning on retiring anytime soon.

With her Super Bowl performance over, Madonna's next ventures are a new album, coming out next month, and a world tour to follow.



# Superbowl commercials keep people watching

Jeff Daley  
Staff Reporter

It's 6 p.m. on Super Bowl Sunday and sophomore Eugene Pedrolis is back home in New York. He and his family are packed into one living room. Kickoff is about to start and they're getting ready.

However, they weren't getting ready for the game. It was the commercials they wanted to see.

Hyped up just as much as the game itself, Super Bowl commercials are anticipated weeks before the big Sunday telecast.

More than 60 commercials aired during this year's game, and millions of football fans alike, like Pedrolis's family, stayed put to watch the commercial breaks.

"This year we were more interested in the commercials" said Pedrolis who is a Jets fan.

The Super Bowl commercial hits and misses were all about personal preference.

For Pedrolis, his favorite was a commercial put out by Chevy, called "Happy Grad."

In it, an unsuspecting graduate is misled to believe his graduation present is a Chevy car, rather than a mini fridge, which is what his parents really bought him.

As for flops, Pedrolis picked the 2012 Acura NSX commercial with Jerry Seinfeld.

"I would say the Jerry Seinfeld commercial was a flop. I just didn't think it was funny," he said.

More than 60 miles away, sophomore Rachel Belofsky stayed on campus to watch the game.

During a normal telecast Belofsky usually skips out on the commercials, but not for the Super Bowl.

"[There's] never really a good time to go to the bathroom," she said in reference to the game's commercial breaks.

Perhaps because of its relatable message, Belofsky also favored the "Happy Grad" commercial.

Still, like any entertainment broadcast, the critics had something to say about some commercials in particular.

This year it was a Chrysler commercial, starring Clint Eastwood, that caught the most controversy.

According to the Huffington Post, some believe the



AP Photo

Many versions of the Coca-Cola polar bear commercial were shown during breaks from the game.

commercial favors the Democratic Party, and that Eastwood was, "making a pitch for President Obama's economic policy."

However, the actor quickly defended his affiliation.

"I am certainly not politically affiliated with Mr. Obama. It was meant to be a message about job growth and the spirit of America," said Eastwood to The Huffington Post.

Freshman Thomas Bovino, defended Eastwood and was not offended by the commercial.

"I liked that. Not only is Clint Eastwood the man, but because it had a lot of soul and purpose to it. I personally would say it's not a controversial commercial at all," he said.

Whether they brought controversy or were just plain entertaining, companies spent a lot of dough to get their message out. CBS News reported that just a 30-second time slot cost between \$2.5 and 2.8 million.

The Super Bowl and its commercials were seen by 111.3 million people, the most of watched U.S. telecast in history.

## 'The Voice' finds its own prime time voice

Kayley O'Brien  
Staff Reporter

Singing competition shows "American Idol" and "America's Got Talent," are always emphasizing the star factor to contestants. Before the contestant even gets a chance to sing, they are judged based on their appearance.

However, NBC's recent hit, "The Voice," changes things up.

The first audition is completely blind for the judges, Adam Levine, Christina Aguilera, Blake Shelton, and Cee Lo Green, a concept that has gotten positive reactions from audiences.

According to an article in the Los Angeles Times, it averages about 12.4 million viewers per episode.

Its popularity helped the season two premiere to land the coveted post Super Bowl time slot on Feb. 5.

The Huffington Post reported that "The Voice" had around 38 million viewers tune in for the premiere after the Giants victory, giving it the highest ratings for a non-sports telecast on any network in six years.

While no show was an obvious choice for the post game spot, sophomore Marjorie Vixama believes "The Voice" was well deserved.

"I think the show definitely deserved the prime slot because it allows all the people who watched the Super Bowl to be able to tune in and see what a great show it truly is," she said.

The sheer number of viewers may be enough for some people to give the show credit where credit is deserved, but "Idol" judge, Randy Jackson wasn't so com-

plimentary.

In an interview with radio station 102.7, KIIS FM, Jackson insulted the show saying it was a second chance show for singers who weren't good enough for "Idol."

"Voice" judge, Levine, was quick to defend his show. He took to "The Ellen Degeneres Show" to respond to Jackson's comment.

"Shame on Randy Jackson for saying that because he of anybody should know that if you're in this business you need second, third, fourth, and fifth chances," he said in an interview with Degeneres. "So we love and embrace having that be a part of the show. It was an irresponsible thing to say."

A fan of the show herself, Vixama also saw the wrong in Jackson's comment.

"The special thing that makes this show so unique from all the other singing competition shows is that it is great how the celebrity judges are actually working and personally helping the contestants," she said. "I disagree with what Randy Jackson is saying. The talent on that show is incredible."

Junior Samantha Iarusso also stood up for the show because of the positive message it sends out.

"This show is so good and [is] different from the other singing competition shows. Our society is based on appearances so it is good for the judges to hear their voices, not see them, and choose them only based on their voices, not looks," she said. "Since it is a fairly new show, I think it definitely deserved the prime slot to introduce it to people, for them to see what a great show it is."

"The Voice" airs every Monday on NBC at 8:00 p.m.

## 'Extremely Loud & Incredibly Close' hits close to home



AP Photo

Child actor, Thomas Horn, is the star of the film.



Maryanne  
McGoorty  
Staff Reporter

Tom Hanks is one of the best actors of our time, but in his recent film, "Extremely Loud and Incredibly Close," he is out-shined by up- and- coming actor Thomas Horn.

The big named stars in this film might be the reason people go to see the movie but it is Horn that leaves you in tears.

In this film, Horn plays a 9-year-old boy named Oskar whose father (Hanks) dies on 9/11. Oskar does not handle his father's death very well and has many outbursts.

Some scenes in the film were a little unsettling because we hear messages on the answering machine of Oskar's father while the attacks were happening. Hearing his voice gives a very eerie feeling and brought me back to that horrid day.

Oskar tries to fill the void of his deceased father by searching New York City for a key that opens his father's lock.

Oskar recruits an elderly mute man to accompany him on his journey. Oskar likes the old man whom he names "The Renter" because a lot of his characteristics remind him of his father.

Max von Sydow who is nominated for an Academy Award for his role as "The Renter" truly deserves this nomination because you really feel like he is saying so much when really he doesn't saying anything at all.

Sandra Bullock is also apart of the ensemble, plays Oskar's now-widowed, mother.

The relationship between Oskar and his mother is strained and Oskar finds himself wishing it was she who died and not his father. His grief over his father's death brings out an angry side of Oskar when the two interact.

Bullock does a convincing job playing a grieving wife and a nurturing mother who is there for her son, regardless of his outbursts. This is a realistic characteristic that I imagine would be of the wives and mothers who lost their husband in the 9/11 attacks.

The film is getting some criticism for touching a subject that still has open wounds for many.

I would argue against this because this film is just an artistic view of what a boy went through after losing his father that day. The theme of the movie is the boy's grieving process, not the details of 9/11.

Academy Award nominated director Stephen Daldry did a wonderful job of capturing the true feelings of loss and grief.

This movie is an Oscar contender for Best Picture this year, but I am not sure if it is deserving of the win. While it was a great film, some of the other nominees, in my opinion, were better.

I recommend this film for anybody who likes to watch a good film or needs a good cry.

**Get Reel gives**  
**"Extremely Loud"**





# Professor Jack de Graffenreid illustrates his love for art

Dana Maltese  
Staff Reporter

As a design student at the University of Miami, Sacred Heart University art professor Jack de Graffenreid did not always have the desire to become a teacher.

"I came to be a professor after substitute teaching for my wife," said de Graffenreid. "I asked my wife if she would [call in sick] more often."

After studying graphic design in Miami, de Graffenreid decided to indulge in his passion for illustration at the Pratt Institute in his hometown of Brooklyn, N.Y.

"Some of my earlier work has been paintings of Jackie Robinson and other tributes to the [Brooklyn Dodgers]," said de Graffenreid.

After two years of taking various art and illustration classes, he began work as a freelance illustrator.

"My first job as a free lance illustrator was for the TV show 'Quincy' that appeared in TV Guide," he said.

Since then de Graffenreid, has had many elite cli-

ents and has experience working with companies such as, NBC, CBS, and John Deere.

"I got more work in advertisement than in editorial," he said. "Editorial is more fun and allows for more freedom as an artist, but editorial doesn't pay as well as product advertising, which can become boring."

Since leaving the freelance world behind, de Graffenreid now teaches predominately illustration classes, as well as drawing I and II, which deal with still life, portrait, and live model drawing techniques.

He speaks highly of his students.

"Since 2004 between L.A. and N.Y. I have had 41 of illustration students make it into the top two exhibitions," de Graffenreid said. "That's the extra smile on top of working with them."

Students also enjoy their classes with de Graffenreid as much as he enjoys having them.

"My classroom experience with him was awesome," said sophomore Amy Nunes. "He is so helpful with formulating ideas, but at the same time, not taking away from

your own creativity and artistic eye."

Currently de Graffenreid is working on some pieces of personal interest.

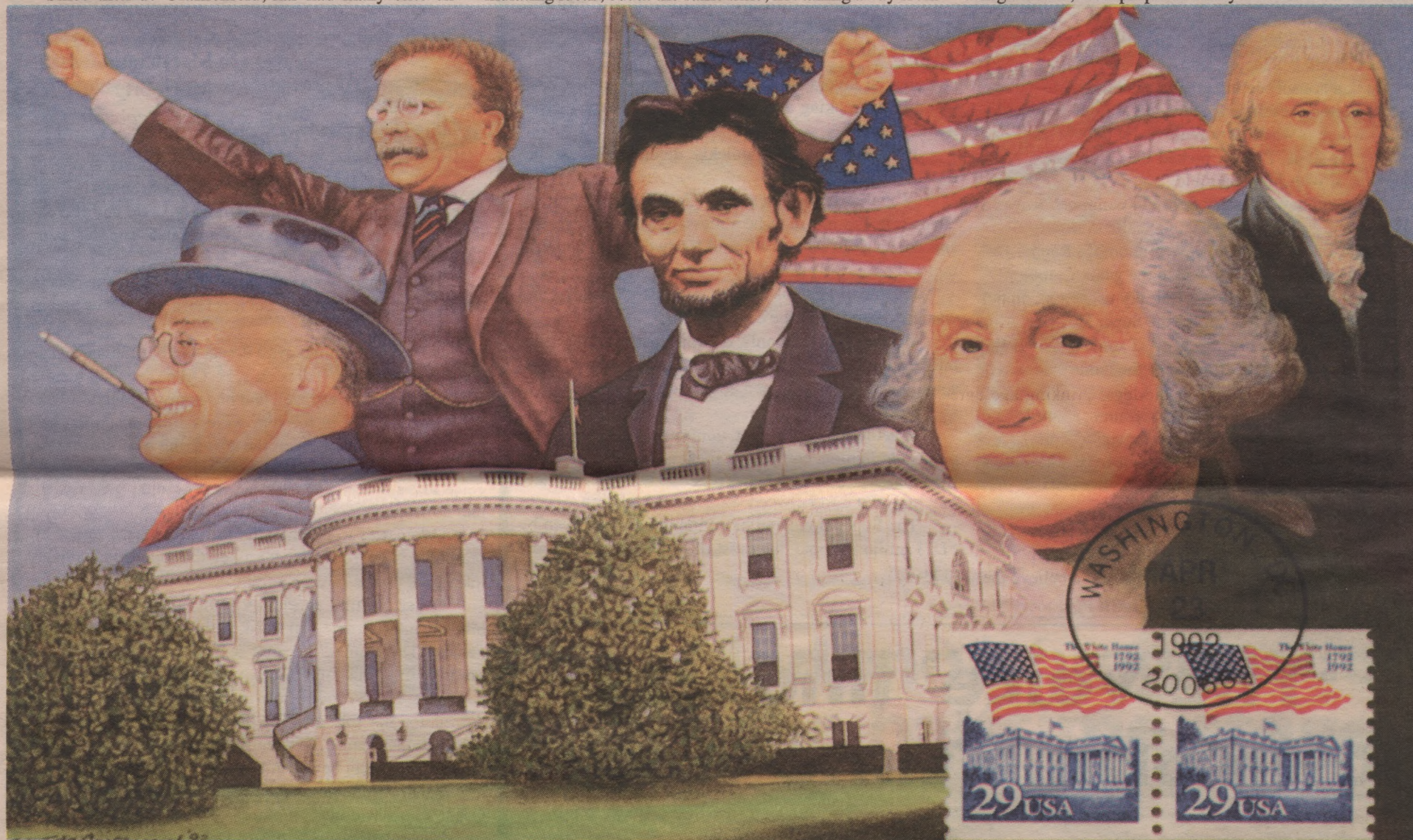
"In the past I have worked on a series on bipolar disorders," he said. "I tried to stay away from really heavy subject matter, but recently I have gotten more involved with a number of women who have been unfortunately abused, leading to competitions I am working on now."

de Graffenreid points out the difficulties that his field of work presents in our digital culture.

"The biggest thing for the career right now in the commercial end is in design. However, the computer brings obvious advantages into the field," he said.

He suggests that getting his design students to take drawing classes, they will be more marketable.

"Our students have been going into jobs as junior designers doing comps and sketches, in house illustrating, and visual depiction of a script," he said. "I try to stress to my students that learning how to combine their talents and being a better, well-prepared entity will serve them well."



Bicentennial of the White House by Jack & Judith de Graffenreid (Unicover Corp) - watercolor & color pencils.

Photo courtesy of Jack de Graffenreid

## Have an interest? Post it on Pinterest

Dana Lombardo  
Staff Reporter

Updating statuses and posting on walls not your thing?

Online users have discovered the newest social network that have people talking.

The word is Pinterest.

"I am addicted," said Meredith Kerner, a graduate student at Sacred Heart University.

Its popularity has swept the nation within a matter of two weeks and it continues to succeed daily with new people logging in.

This social network communicates through pictures and images, rather than communicating through status updates or wall posts.

Individuals can comment on each other's pins, which bring people with similar interests together and also those who are looking for new ideas.

This new social networking site has given those interested, with the opportunity to "pin" photos, recipes, fashion ideas, artwork, and much more with anyone who joins.

"It is great for ideas of baking and my favorite thing about it is finding new recipes," said Kerner.

Once you follow someone else's posts you can then

follow their ideas and find more of the same posts and make new discoveries, all with a few scrolls and clicks.

Users have been spreading the word of the recent popularity with the new site.

"All my friends that are girls have it," said Kerner.

This is seen by many to be more of a female-based networking site that allows you to follow and pin certain things, such as fashion, quotes, baking tips, etc.

PCMag.com gives those who are interested in Pinterest leeway in understanding how to make an account.

"Pinterest has a few kinks to iron out, but it serves its purpose of helping people visually explore the web and save images they like into little virtual pasteboards better than other sites that try to do the same," the site said.

Many who participate in Pinterest are excited to explore new ideas and items they may have never even thought of before.

Based on a users interests, they can find ideas from being an elementary school teacher and what to put into your classroom, to being a lover of fashion and wanting to catch up with new trends.

"I spend more time on the site than I should. I like it because it allows me to organize what I like and I can always go back and see how to make different recipes, crafts, and even do different workouts," said senior Crystal Rogers.



Pins in the "everything" category of Pinterest.



## 'What SHU doing this weekend?'

*Students share their favorite haunts and hang-outs*

Kimberly Woodruff  
Staff Reporter

Every weekend: "What's going on tonight?" is the text sent 'round the college world. If you've got something similar sitting in your sent folder, text no more.

If you are looking for a hot spot on a Friday night, Black Bear Saloon in South Norwalk is where you might find your friends.

Restaurant by day and bar by night, this location is familiar to many Sacred Heart students who are 21 and over.

"Sometimes Black Bear has bands or a DJ on the weekends. They clear out most of the tables so there is always an open dance area," said senior Arianna De Lucia. "The train tickets are cheap and it's a great spot to have fun with the girls after a long week."

While some enjoy the club atmosphere, some might be looking for a more low-key evening.

In that case South Brewing Company, known on campus as SBC, can be a good alternative on a Thursday, which also happens to be their karaoke night.

"It's relaxing and much different than going to a club with loud, upbeat music," said senior Melissa Krouse. "SBC is a place to catch up with friends and it's a change of pace from going to the same place every weekend, although I must admit we're creatures of habit -- we go to the Field almost every Friday."

The Field, a regular hang out for those SHU students 21+, is a restaurant and bar located on Fairfield Avenue.

"I go to The Field because I want to have a fun night with my friends after a long week of school," said senior Mike Sloane. "I want to have a couple drinks and dance a little. It's a guaranteed good night because I know that I'll know people there."

Being comfortable in the nightlife atmosphere is a deciding factor in senior Mike Twerago's weekend as well. The Bear and Grill in Fairfield is where he likes to meet up with his friends.

"I've grown up with them over the past four years, and I want to spend my time with the senior class," he said.

Most students who are of the legal drinking age agree that age definitely plays a role in where they spend their nights on the weekend.

"As an orientation leader, I wouldn't want to interact with students underage. I am one of their first influences, and it's not appropriate," said Twerago.

De Lucia, also a senior, agrees.

"I don't like to go to places where there are a lot of younger people because it can be risky," she said.

Some seniors enjoy going to karaoke bars to let loose and show off some vocal skills.

Brennan's Shebeen Irish Bar and Grill is a local spot to sing karaoke on Fairfield Ave.

According to the bar's web site, Brennan's holds a variety of different events including, karaoke every Tuesday at 9:30 p.m., trivia night every Wednesday at 8:00 p.m., and live music Friday and Saturday's at 10:00 p.m.

"I heard it's a blast," said Twerago.

After tearing up the karaoke microphone during his study abroad trip to Ireland, Twerago said he would like to go to Brennan's for a night of karaoke.

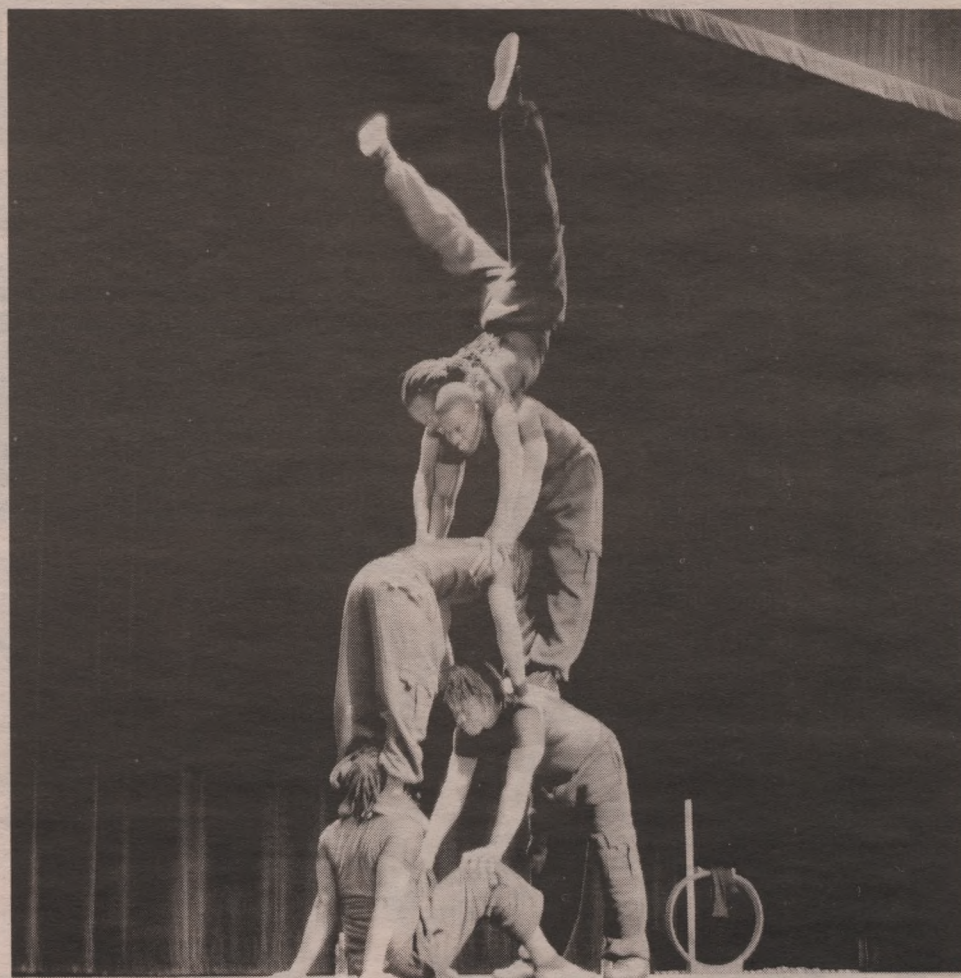
"The atmosphere in a karaoke bar I find is a lot friendlier and more fun. People come to a karaoke night expecting to goof around and just have a good time," said senior Dan Preuss.

Whether it's attending a nearby bar to relax with friends or hitting the karaoke mic, Sacred Heart seniors know how to party the responsible way.

"It doesn't matter how you sound when you sing, if people know the songs they sing along with you and it's really easy to get into the spirit of the night," said Preuss.

Whether it's belting karaoke with the locals or dancing the night away with your best friends, students are sure to get the best of the weekends.

"It's nice to just not think about school and see all of your friends outside of class," said junior Sarah Burkart.



The Spectrum/ Sophia Destruge

The ZUZU African Acrobats performed in the Edgerton Theater last Wednesday night.

## SHU students flip for ZUZU African Acrobats

Sophia Destruge  
Staff Reporter

"America's Got Talent" alum, the Zuzu African Acrobats, wowed all in attendance at their performance in the Edgerton Theater last Wednesday.

Contrary to their high energy performance, one of the group's members explained the irony behind their name.

"Zuzu means lazy in our native language," said acrobat Hamisi Kitole.

The Zuzu Acrobats were featured on season six of the NBC show "America's Got Talent," and have since toured many colleges and universities.

In honor of Black History Month, Sacred Heart offered a free performance by the well known acrobatic act.

The show lasted approximately 45 minutes.

It included limbo, jump rope, chair stacking, balancing, body contortion through hoops, and the human pyramid, which the group is most famous for.

"As part of the Student Events Team (SET), we look to bring different types and styles of performers to the school in order to gain more audience members, and also to give student's a diverse experience," said Student Event Team entertainment chair, Emiy Coredero.

The African group formed five years ago, and consists of five male members.

They have known each other since they were 7 years old and grew up in the same neighborhood in Mombasa, Kenya.

"We became acrobat performers because our older brothers were doing this since we were 2 years old, and we grew up watching them," said Kitole. "They began to teach us the acrobats and we thought it was a lot of fun. As we got older we began doing it as professionals."

The African music, called "Congo," was blasting, the men were dancing, and the students were cheering them on.

The men started the show off with the limbo, and showed everyone just how low they could go. The group incorporated the students into the show.

"Who wants to try the limbo?" said Kitole.

Students rose from their seats, and got on stage to attempt the limbo. The auditorium erupted with laughter and students cheered on their fellow classmates.

As the show went on, the group continued their routines by doing flips through jump ropes, piling on top of each other, and jumping over each other.

They also balanced chairs on top of one another and climbed to the top, maintaining their steady composure. They finished off their performance with a human pyramid.

"Do you all want some more?" said Kitole to the audience towards the end of the show.

The students screamed back for more. The auditorium was buzzing with energy and those in attendance were eager to see more.

"The show was a little late, but there was definitely enough energy in the room to keep me from getting tired," said freshman Joey Falcone.

For some who had never heard of the Zuzu African Acrobats, the experience was full of high energy and a lively show that had no problem holding attention.

"I thought it was really good. They're impressive," said Falcone. "Hopefully they come back again and if they do, it's not a show to miss."

As for the group of five, they are hopeful for what their talents will bring them in the future.

"We don't know what's to come in the future," said Kitole. "But we have confidence and we will do whatever we can to make it. We like to share our tradition because, in our hearts, we feel it will make them happy, and that makes us happy."



The Spectrum/Megan Pulone

SHU student favorite, Bear & Grill located in Fairfield, Conn.



## SCOREBOARD

Friday, February 10

M. Volleyball  
Princeton - 3  
SHU - 0

Saturday, February 11

W. Basketball  
SHU - 79  
Bryant - 64M. Basketball  
SHU - 72  
Bryant - 46W. Ice Hockey  
Oswego St. - 2  
Bentley - 3M. Tennis  
SHU - 6  
St. Francis (NY) - 1

The Spectrum/Sean Elliott

Left: Sophomore forward Chad Filteau (#19) backhands a shot on net. Right: Senior Matt Gingera (#26) celebrates his game-winning goal Sunday against UConn.

## PIONEERS TAKE THREE OF FOUR POINTS FROM HUSKIES

### *George records four goals, five points over weekend*

Kathryn Cooper  
Staff Reporter

The Sacred Heart University men's ice hockey team took three of four points against the University of Connecticut in a home-and-away series last weekend.

The matchup featured the only two Connecticut schools in the 12-team Atlantic Hockey Association.

On Friday night, the Sacred Heart Pioneers (3-24-3, 2-18-3 AHA) traveled to Storrs, Conn. to take on the Connecticut Huskies (12-15-3, 11-10-2 AHA), proving why hockey games are not over until the final horn.

Quite similar to last weekend's game against Bentley, it was Sacred Heart this time that scored the equalizer, tying the score at five with less than a minute remaining in regulation.

It was a frenzy of a game, with three broken sticks, plenty of hitting, and confrontational talk between players in front of the nets.

About 10 minutes into the first period, it was UConn who came out on top with the first goal of the game when senior forward Marcello Ranallo scored after a scrum in front of the net.

Just five minutes later, Sacred Heart freshman forward Brian Sheehan came flying down the wing and shot it top corner over the goalie's shoulder to tie it at one.

Down to the final minute of the first period, Pioneer freshman forward Drew George scored to put his squad up 2-1.

"[Chad] Filteau skated down and stopped at the blue [line] and took those two defensemen with him and left me wide open," said George. "I just had a nice rebound and a tap in."

The Pioneers came out with even more intensity to start the second period.

Six minutes in, Filteau found the back of the net after a scrum in front of UConn's net. Filteau was able to tap the puck in to give the Pioneers a 3-1 lead.

About seven minutes later, it was George who scored again for the Pioneers, making it 4-1, on a textbook pass-

ing play between him, Filteau, and senior forward Matt Gingera.

"It was a real beauty," said George. "We played tic-tac-toe. The goalie didn't know where the puck was, and it ended up in the back of the net."

The Huskies' second and third goals were both within a minute of each other.

Then, with 4.3 seconds left in the second period, UConn sophomore forward Cole Schneider, scored the tying goal by tapping it in during a scrum in front of the net.

The goal gave Schneider a hat trick.

Once again, the Pioneers had let a significant lead slip away, as the Huskies tied the game.

"We just have to learn how to manage those three or four minutes where a team gets a goal," said Head Coach C.J. Marottolo. "We can't let those minutes get away from us."

Both teams shot out of the locker room with energy to begin the third period.

Pioneer junior goaltender Steven Legatto made some spectacular saves, keeping his team in the game.

With about seven minutes into the third, though, freshman forward Ryan Tyson broke the tie on a great shot, making it 5-4 in favor of UConn.

After Marottolo called time out with 1:38 left in the third, the Pioneers were equipped with a plan of action.

Sacred Heart pulled Legatto and put five forwards and a defenseman on the ice.

It worked.

With 57 seconds left in the third period, George scored the equalizer to tie the contest at five, completing his own hat trick.

"Torin [Snydeman] made a nice play down low, fed me the puck again, and I just got a stick on it," said George. "I just reaped the rewards of everyone's hard work tonight."

After a scoreless overtime, the in-state rivals skated to a tie.

On Saturday, both teams arrived at the Webster Bank

Arena in Bridgeport at the scheduled times only to be informed that, due to a water main break, the game would be moved to Sunday night at 6 p.m.

When that time came, both teams were ready to go.

After back and forth play between the teams, at times boring, this one ended with an overtime winner from George.

The first period was plain and simple, featuring messy play, yet, few penalties.

Besides the great diving save made by Legatto with three minutes left, the second period was similar to the first, with not much action from either team.

The third period was when the game started to get interesting.

Just two minutes into the third period, freshman forward Cody Sharib scored the first goal of the game on a power play, giving the Huskies a 1-0 lead.

About 90 seconds later, George scored the tying goal.

"I just kind of went on a puck battle down low in the corner, walked out, and made a move on the defensemen," said George. "The goalie gave me glove and I just found the goal."

The rest of the game was intense, even needing a five-minute overtime to finish.

With 35 seconds left in overtime, Gingera scored the game-winning goal, giving the Pioneers a 2-1 victory.

"It was at the end of our shift," said Gingera. "Filteau dumped it in trying to get a line change and I was in tight. I figured I could force them to make a play. The defense kind of lost it, and I just picked his pocket, out waited the goalie, and put it in."

The game was about more than a win for the team.

"What I really liked about tonight was after they scored, we responded with a goal within a minute or two minutes," said Marottolo. "Then, it was a huge goal by Matt Gingera. This certainly shows that we are growing as a hockey team and it's great to see."

Sacred Heart heads to the Hart Center in Worcester, Mass. to skate with Holy Cross on Friday.



## GAME OF THE WEEK

Sacred Heart Men's Volleyball

vs.

#5 Penn State

Saturday Feb. 18 @ 8:00 p.m. William H. Pitt Center



## BALANCED SCORING LEADS PIONEERS TO WIN

Dan Otzel  
Asst. Sports Editor

The Sacred Heart University women's basketball team needed a strong second half to upend Northeast Conference opponent Bryant University, 79-64, in a Saturday matinee at the William H. Pitt Center.

With both teams donned in pink shoelaces and pink shooting shirts for Think Pink: Breast Cancer Awareness Day, it was Sacred Heart Pioneer freshman guard Gabrielle Washington who left the Bryant Bulldogs seeing red.

In front of 432 fans Washington dropped 18 of her game high 21 points in the second half, as Sacred Heart (18-6, 11-2 NEC) overcame a 25-7 first half run by Bryant (13-11, 6-7 NEC) and a five-point half time deficit.

"In the locker room," said Washington, "[Head Coach Ed Swanson] said 'you look like little girls shooting jump shots.' Sometimes that builds and you start to get a little angry and frustrated because you know you're better. So, you just have to pick it up, and that's what we did."

The Pioneers started the game strong, building a 10-point lead, their largest of the first half, when junior guard Kiley Evans, who grabbed three boards in seven minutes, laid one in with 11:39 left on the clock.

After Bulldogs head coach Mary Burke, in her 21st year at the helm in Smithfield, R.I., promptly called a timeout, it was all Bryant.

When Bulldog junior guard Meredith Soper, who finished with a team high four assists, tied the contest at 18 with a three, Bryant was let off their leash.

Senior forward Brittany Stahura, who tied a career high with five field goals

made, scored the next six points, en route to a 33-25 Bryant lead.

As the clock struck zero in the first half, Sacred Heart sophomore guard Ericka Norman, the assists leader in the NEC, was fouled from beyond the arc.

She sunk all three free throws, cutting the Bulldog lead to five and seizing momentum at the break.

"I thought Bryant really outplayed us in the first half," said Swanson, in his 22nd year at Sacred Heart. "They played with more emotion, beat us to loose balls, and out-rebounded us. At halftime, we made a decision to change the tune."

Washington led the Pioneer charge early, netting the first six Sacred Heart points of the half, helping erase the memory of the dismal 28 percent field goal shooting in the first 20 minutes.

The Pioneers would shoot 55 percent from the floor in the second half and 41 percent for the game.

Washington tied the game with a free throw, going 10-10 from the charity stripe on the afternoon, setting the stage for junior Morgan Merriman.

The six-foot junior from Seattle took the game over down low -- defensively and offensively.

Defensively, Merriman help shut down Bulldog sophomore forward Naana Ankoma-Mensa, who tallied five of her 11 points in the first three minutes of the second half. She was unable to register on the scoreboard after that.

Offensively, Merriman tied the game at 49 with 12:47 left and gave Sacred Heart the lead for good 44 seconds later with a layup. She scored the game's next bucket off her own steal, as Sacred Heart ripped off a 17-2 run, giving them a 66-51 advantage with 6:19 to go.

"None of us wanted to lose the game,"



The Spectrum/Jeff Daley

Freshman guard Gabrielle Washington (#30) drives to the hoop in last Saturday's win over Bryant at the Pitt Center. She recorded a game-high 21 points.

said Merriman. "The first half was definitely a wake up call. We came out strong and had that 10 point lead, but when Callan [Taylor] went out, we let that lead slip."

Taylor, the senior forward who broke the Sacred Heart all-time rebounding mark last game at Monmouth, sat most of the first half with foul trouble and only scored four points in the game.

Merriman, on the other hand, filled the stat sheet with 12 points, seven rebounds, four steals, two assists, and one block in 26 minutes off the bench.

Both squads exchanged blows in the final six minutes, but the 15-point lead held to the end for the Pioneers.

Merriman and the Sacred Heart front court outscored Bryant by 18 in the paint and held a slight rebounding advantage.

The Pioneers remain one game up on in-state rival Quinnipiac for the top of the NEC standings, while the Bulldogs fall to a tie for eighth with Mount St. Mary's.

Sacred Heart has five games remaining before the NEC Tournament, slated for the first week in March, with the next three on the road before finishing with two at the Pitt Center, where they are 10-1 on the season.

The Pioneers travel to the Chace Athletic Center in Smithfield, R.I. to finish the season series with Bryant at 7 p.m. tonight.

## MEN'S VOLLEYBALL SPLITS WEEKEND MATCHES

Emily Pepe  
Contributing Writer

The Pioneers battled through five sets before coming away with the 3-2 win over George Mason University last Saturday night.

"We knew what was supposed to be done and how important that game was for us. So when the ref blew the whistle to start the game, we were all focused in getting that win," said sophomore Enzo MacKenzie.

The Pioneers found themselves behind early in the first set 3-0, before they battled back tying the game at 8-8. MacKenzie gave the Pioneers two straight points off a kill from freshman John Lutjen.

The Pioneers got their third straight point when sophomore Jason Kinney and red-shirt sophomore Nick Hunt came up with the block, giving the Pioneers an 11-8 lead.

The Pioneers maintained their lead throughout the first set winning 25-16.

In the second set the Patriots came out early with an 11-5 lead forcing the Pioneers to take a timeout. The Pioneers fought back closing the gap to three points off a Hunt kill, making the score 18-15.

George Mason was able to pull away from the Pioneers taking the second set 25-19.

In the third set the Pioneers and the Patriots fought back and forth for the lead. The Pioneers grabbed a 17-15 lead off of two attacking errors by George Mason's Joe Norton.

After the Patriots fought back to tie the game at 18, they continued by scoring six straight points to take the

third set, 25-18.

In the fourth set the Pioneers turned the tables on the Patriots taking a 6-2 lead off a block from Hunt and senior Mike Komlanc.

The Patriots fought back catching up within three points, but the Pioneers maintained a strong lead taking the fourth set 25-13.

"The team trust gave a step and everyone in and off the court had 100 percent trust that their teammate was giving his very best and was working hard towards the game," said MacKenzie. "When the fourth set started we just settled down and went back to the court to get what was ours."

In the fourth and final set, George Mason scored five quick points forcing a timeout by the Pioneers. After the timeout Hunt got the Pioneers on the board on two kills while sophomore Bradley Borsay had another two kills.

The Pioneer defense added another two points on blocks, while getting help by George Mason's Mark Jones, who had an attacking error, giving the Pioneers a 7-5 lead.

Both teams exchanged points keeping the set close. The Pioneers were at match point when Hunt scored the final point from Lutjen giving the Pioneers the 15-12 victory and the 3-2 game win overall.

"Even though we had lost the past two sets we were pretty comfortable with the game, and I believe that this game against George Mason triggered a main aspect in our team that will take a big part on our results this season," said MacKenzie.

Last Friday the Pioneers were blanked by the Princeton Tigers 3-0.

"I believe that against Princeton we let our emotions speak louder than what we knew was the right thing to be done," said MacKenzie. "We have been working hard to establish a solid game system but since we're a young team, sometimes the emotions get in the way"

In the first set the Pioneers found themselves down 10-3, taking a timeout to try and re-group. After the timeout, Komlanc gave the Pioneers a point off a kill.

But the Tigers continued to put points on the board, while the Pioneers fought back getting two points off two Princeton services errors. It wouldn't be enough as the Tigers took the first set 25-20.

In the second set the Pioneers were able to keep the game close tying the game at five. After a service error by the Pioneers, the Tigers scored eight points causing a timeout.

The Pioneers were able to battle back, but the Tigers offense was too strong as they took the second set 25-20.

In the third set the Pioneers stormed out to a 6-1 lead, making the Tigers burn a timeout. Out of the timeout Princeton came back strong tying the game at 8-8, creating a Pioneer timeout.

"Coach Danny [Goncalves], did a good job emphasizing that we could do better than that and that the most important thing was to bring our game to the court, do our best, and let the results come," said MacKenzie

Both teams battled for the lead tying 21-21, off a kill from MacKenzie. But Princeton's Cody Kessel finished off the Pioneers giving the Tigers a 3-0 sweep.

The Pioneers will host Saint Francis (PA) and fifth ranked Penn State this week.



## THIS DAY IN AFRICAN AMERICAN SPORTS HISTORY

Blake Campbell  
Sports Editor

On this day in sports history, William Felton Russell, most known for dominating the sport of basketball throughout his illustrious college and professional career, was awarded the highest civilian award in the country; the Presidential Medal of Freedom.

Russell is known as one of the most winningest players in basketball history, despite the adversity that plagued his career. He led the University of San Francisco to back-to-back championships in 1955 and 1956.

Bill Russell was the ultimate team player, as he made it a point to be so. He felt the need to do so after his junior year in college. His team won 28 out of 29 games en route to winning a national championship.

He was named the MVP at the Final Four and first team all-American. Averaging 20 points and 20 rebounds, he was the most dominant center in the game.

Still, at a Northern California banquet that year, another center was picked as the Player of the Year in Northern California. In an interview with the Academy of Achievement, he explained how this motivated him.

"That let me know that if I were to accept these as the final judges of my career, I would die a bitter old man. So I made a conscious decision: 'What I'll do is I will try my very best to win every game. So when my career is finished it will be a historical fact I won these games, these championships, and there's no one's opinion how good I am or how good other guys are or comparing things,'" said Russell.

After graduating from college, The Harlem Globetrotters invited Russell to join their exhibition team. Russell took offense when the Globetrotters' owner, Abe Saperstein, refused to talk to Russell; he would only talk to his USF coach.

Russell felt disrespected. They acted as though Russell was unable to negotiate his own career. Because of this, Russell turned down the offer and declared himself eligible for the 1956 NBA Draft.

Before the start of his rookie year, Russell was named captain of the USA Men's Basketball Olympic team where he won the gold medal. Russell led the team in scoring, averaging 14.1 ppg.

While playing for the Celtics, Russell was the center for the team

that won 11 championships in 13 seasons, including eight consecutive titles between the years of 1959 and 1966.

Russell became the first African American head coach in any Major League sport when he served as a player-coach for three years, winning two championships during that stint.

By the time he retired, Russell had won league MVP five times and played in 12 all-star games.

Though Russell brought success to every team he suited up for, every city he played for, he was still subject to racism and discrimination frequently throughout his career. Russell and his black teammates were often denied rooms at hotels that were segregated.

Bill Russell was more than just a basketball player, however. He was a man who stood up for his rights and beliefs. Because of this, the media and fans turned against him, claiming he was ungrateful to the fans. He felt as though he owed them nothing.

In his memoir "Go Up for Glory," he explained his perspective.

"It stood out, a wall which understanding cannot penetrate. You are a Negro. You are less. It covered every area. A living, smarting, hurting, smelling, greasy substance which covered you. A morass to fight from," said Russell.

Russell marched with Martin Luther King, Jr. and stood behind Muhammad Ali when he refused to be drafted.

When his black teammates were denied food at a segregated restaurant in Boston, he refused to play in the game that night.

Russell wasn't present when his jersey was retired in 1972, or for his induction into the Hall of Fame in 1975. He was in attendance when his jersey was retired again years later.

When President Obama presented Russell with the Presidential Medal of Freedom, he expressed his hope for a better understanding of the man, Bill Russell.

"Bill Russell, the man, is someone who stood up for the rights and dignity of all men I hope that one day, in the streets of Boston, children will look up at a statue built not only to Bill Russell the player, but Bill Russell the man," said Obama.

*Information from Playerpress, Sportscaster Network was used in this article.*



AP Photo

Bill Russell is an NBA legend who played for the Boston Celtics in the 1970's.

## STEPHEN COSTELLO EXECUTIVE VP OF STEINER SPORTS TO SPEAK AT SHU ON FEB. 21<sup>ST</sup>

The Sport Management Club is pleased to announce that Mr. Stephen Costello, the Executive Vice President of Steiner Sports Memorabilia, will be at SHU for a speaking engagement about the Sports Memorabilia Industry on Tuesday, February 21, 2012 at University Commons at 7:00 PM.

Steiner Sports, founded by Brandon Steiner and located in New Rochelle, New York, is the recognized industry leader in autographed sports memorabilia and collectibles, featuring products related to MLB, NFL, NBA, NHL, including the Yankees, Red Sox, New York Football Giants, New York Rangers, New York Mets, Dallas Cowboys, Syracuse University, among others.

Mr. Costello has been an executive with Steiner Sports for the past five (5) years. He has over 25 years of experience in developing and creating integrated brand activations, and in the creation of product lines. Mr. Costello has extensive experience in teaming up national brands with retailers, celebrities and professional athletes.

Come join us at University Commons on February 21 and hear Mr. Costello talk about Steiner Sports and the sports memorabilia industry.

## GIBSON LEADS SHU TO SWEEP OF BRYANT

Annemarie A'Hearn  
Staff Reporter

The Sacred Heart University men's basketball team dominated over the Bryant Bulldogs with a pair of wins during NEC Rivalry Week, dubbed the "New England Knockout."

Last Wednesday, the Sacred Heart Pioneers (13-14, 7-7 NEC) defeated the Bryant Bulldogs (2-24, 1-13 NEC) with a score of 79-77 to take the first game out of two back-to-back.

"It was a big week for us. As the NEC season is winding down, we knew these were two wins that we needed as we are fighting for playoff positioning," said red-shirt junior Nick Greenbacker.

The Pioneers were ahead for the entire game. They held the advantage by as many as 14 points early in the second period.

The Bulldogs bridged the gap between them and the Pioneers, closing the lead to 76-74 with only 14 seconds remaining. As the tension and excitement prevailed, Dobbs missed a three-pointer with six seconds left.

Gibson put the game out of reach when he drilled two from the strike when after being fouled. He finished the game with 30 points, shooting 5-9 on three-point field goals.

Gibson broke the Sacred Heart Division I single season scoring mark record, registering his 564th point of the season.

Freshman Phil Gaetano had a career high of 12 points and 7 assists as he looks to play a bigger role down the last stretch of the season.

Junior Justin Swidowski added 15 points with 6 rebounds.

On Saturday's game at Bryant, the Pioneers continued to exert their dominance as they swept Bryant over the two-game series.

The Pioneers came out loose as they turned the ball over eight times in the first

eight minutes.

Gibson, who did not start the game, entered with the team down 11-6.

He started the game off with a three-pointer and exploded for a 23 point first half.

The game score was 39-26 at the beginning of the second half. Sacred Heart continued to widen the gap with Bryant.

The Pioneers prevailed with a final score of 72-46.

Gibson and Swidowski hit double digits registering 34 and 12 points, respectively.

Coming off of the wins, the players are pleased with this week's outcome.

"They were two big wins that we needed to get. We're gaining momentum now and that's what we need getting closer to the playoffs," said freshman Steve Glowiak.

Gibson and Swidowski led the Pioneers to their convincing win.

"Shane Gibson was as hot in the first half as I've ever seen him. He couldn't miss and was making great decisions with the ball," Glowiak said. "Justin Swidowski got us started early in the game by pacing us when we were having a hard time scoring. It was nice to finally be able to play a full 40 minutes with no let downs."

The Pioneers are clicking at the right time with only four games left in the regular season.

They look to make a serious playoff run.

"The past two games have been really important with the playoffs coming up," said Swidowski. "We know how competitive our conference can be, especially in February. We feel that if we can continue to work hard and play together, we can make a serious run come playoffs."

The team looks to maintain momentum as they face LIU Brooklyn on Feb. 16 at LIU.



# NINE FOOTBALL PLAYERS SIGN NLI'S WITH SHU

Raymond Morrissey  
Staff Reporter

National Signing Day is the day in which high school seniors can officially sign letters of intent for schools within the NCAA. Sacred Heart University's football team locked down 15 recruits this year.

Nine of the student-athletes signed National Letters of intent. The remaining six committed to the Pioneer football team for the 2012 season.

The 15 recruits include Kellen Spurduto, Daniel Galvin, Joseph McGuckin, Devin McKenna, Matthew Morganelli, Nicholas Bartoli, Brandon Johnson, Ryan Harrington, Ryan Breen, Ryan Byrne, John Snee, Anthony Rubino, Shaun Bowman, Giuseppe Ottaiano, and Jonathan Valentine.

The recruiting process for college football begins long before the National Signing Day. The process begins February of a player's junior year in high school.

Coaches start by sending letters and gathering as much information as possible on each of the players. This information includes their high school transcripts and film of highlights from their junior year season.

The Pioneers hold a one day clinic over the summer, in which the players have two dates to choose from.

"This allows them to get on campus before their senior year and workout for us as well as having some instructional drills from our coaching staff," said assistant head coach Mark Nofri.

Come December of the student-athletes' senior year, the coaches visit their high schools and pick up an additional highlight film, as well as another high school transcript from their senior year. From there, the coaches go onto to evaluate all the tapes they receive from interested players.

"Up to 3,000 different players send links or DVDs of themselves. We rate them by position and try and get them

up one of three weekends we offer official visits before the Feb. 1 signing day," said Nofri.

Nine of the 15 recruits are from New Jersey, three from Massachusetts, and the remaining from New York, Connecticut, or Pennsylvania.

"We will go anywhere to find a good player that can help us as a program, but we try and focus on a three hour radius around Fairfield. We have had good luck with Massachusetts and Jersey players. Also we try and hit all the New England prep schools hard. Those kids seem to fit here and are very successful on and off the field."

There are many factors that come into play before the coaches come to their final decisions dealing with recruits.

Nofri explained that there are questions the coaches ask themselves before the final decision.

"Does he fit into our program? How important is school and football to him? It is essential that our players not only succeed on the field but also show their talents in the classroom," said Nofri. "We also take into account how well the recruits interact with our guys while they were here. Chemistry could make or break a team."

The players who are already members of the team play a role in the recruiting process also. Recruiting visits offered for the incoming recruits to visit the campus have a great way of giving them a chance to experience the school off the football field with more of a social feel.

This is also another chance to see how they fit in with the current players because they host them overnight.

"We definitely had another good year with the incoming recruiting class," said freshman running back Keshaudas Spence. "It's looking as if a couple of the recruits will get a significant amount of playing time or even will have the chance to start right away."

The Pioneers did not recruit as many players as they did last year, but seems as if they aimed for positions they needed to fill. Most of the recruits were either linebackers or linemen for both sides of the ball. Nofri explained how

it is difficult to have expectations right from the start.

"We can't be sure how they will impact next year's team yet. It is always hard for a freshman to come in and play right away. They have to adjust to different speed and size, and pick up our schemes and terminology," said Nofri. "Only time will tell."



The Spectrum/Sean Elliott

The nine players play signed NLI's last week will be joining the Pioneers on the field next fall.

## LADY PIONEERS SPLIT WITH OSWEGO STATE

Erica Spessot  
Staff Reporter

They took the ice ready to take the two-game series.

The Sacred Heart University women's ice hockey team battled against Oswego State in a two-game series this weekend.

The Pioneers triumphed on Friday night over the Lakers with a 3-2 win. They fell to them Saturday afternoon in a 2-0 loss.

The weekend kicked off with Friday night's home game at the Wonderland of Ice.

In a come behind victory, Sacred Heart down, by two, scored three unanswered goals to take the lead and the win.

Sacred Heart goaltender Alexius Schutt had 36 saves on the night, including a second period shutout.

"I just went out there and did my job for my team to give them the best possibility to win the game," said Schutt.

Oswego's Jocelyn St. Clair scored the first point of the game at 5:30, followed by another at 15:19 by her teammate Carly Henderson, giving the Lakers a 2-0 lead.

Sacred Heart then hit a bit of luck, as the Pioneers received a chance bounce of the puck that resulted in a goal, right between Laker goaltender Megan Amlinger's feet.

Pioneer Brianna Connolly was given credit for the goal, with Natasha Klinoff credited with the assist.

In the second period Oswego State, 16-6, outshot Sacred Heart, but Schutt stopped each of the remainder of the shots for a total of 36 saves.

"They helped me out a lot in front of the net: picking up players, back checking, and clearing out my rebounds. When they do that for me it makes my job so much easier so without them I would not have played as well," said Schutt.

It was team captain Nicole Palazzo that set Tara Kent up to tie the game, with only 1:32 into the final period. Soon after, freshman Alex Davis scored the game-winning goal for Sacred Heart, assisted by Connolly and Klinoff.

"I think my team played well versus the Lakers," said Schutt. "They came back from being down 2-0 on Friday to win it. That showed big heart."

On Saturday afternoon, the Pioneers hosted the Lakers again at the Wonderland of Ice.

In the second game of the two-game series, Sacred Heart put up quite a fight against Oswego.

The first period of the game had many shots taken both by Sacred Heart and Oswego, but neither the Pioneers nor Lakers scored.

In a power play by the Lakers, Olivia Boersen scored the first point of the game for the Lakers to take a 1-0 lead at 12:18 in the second period.

Sacred Heart was unable to take advantage of their power play in the second period, going into halftime with a score of 1-0.

"The entire game was back and forth and unfortunately we made more mistakes than them and they capitalized on them," Palazzo said.

It was Oswego in control of the action of the second period, out-shooting Sacred Heart 17-9.

Early into the third period, Melissa Seamont of Oswego scored a goal at 6:13,

taking a 2-0 lead against the Pioneers.

It was in this period when both Sacred Heart and Oswego State collectively got five of the 12 penalties that occurred during the game.

"Both games were very good college hockey games. Both teams played hard and strong from start to finish," said Palazzo.

Schutt saw progress in the team as a whole.

"I'm very pleased with the outcome of the games," said Schutt. "Last year they beat us 7-0 and 5-2. I wanted to play well this year against them because they embarrassed us so bad last year," she said.

That is exactly what the Pioneer women's ice hockey team did, splitting the two-game series with the Lakers.

The women are now looking forward as they battle against the Potsdam Bears Feb. 17 and 18.

"Next weekend is a huge weekend for us," suggested Palazzo. "It's not only in our last set of regular season games, but for us seniors it's our last time playing at home in front of our friends and family."

As their regular season comes to an end, the team is faced with bittersweet feelings as they prepare to say goodbye to their seniors.

"I want it to be a special one for our amazing senior class. They are the best and I'm going to miss them so much," said Schutt.

This is the last regular season game for Sacred Heart before they enter into the ECAC Open Tournament.

The Pioneers take on Potsdam St. Bears in a home game this weekend at the Wonderland of Ice.

"It should be another tough game. Potsdam is a good team," added Schutt. "We have our work cut out for us and we'll have to come out on top of our game."

The Pioneers host the Bears Feb. 17 at 7:00 p.m., and again on Feb. 18 at 2:00 p.m.



The Spectrum/Sean Elliott

Freshman forward Alex Davis (#20) brings the puck up the ice in a game earlier this season.

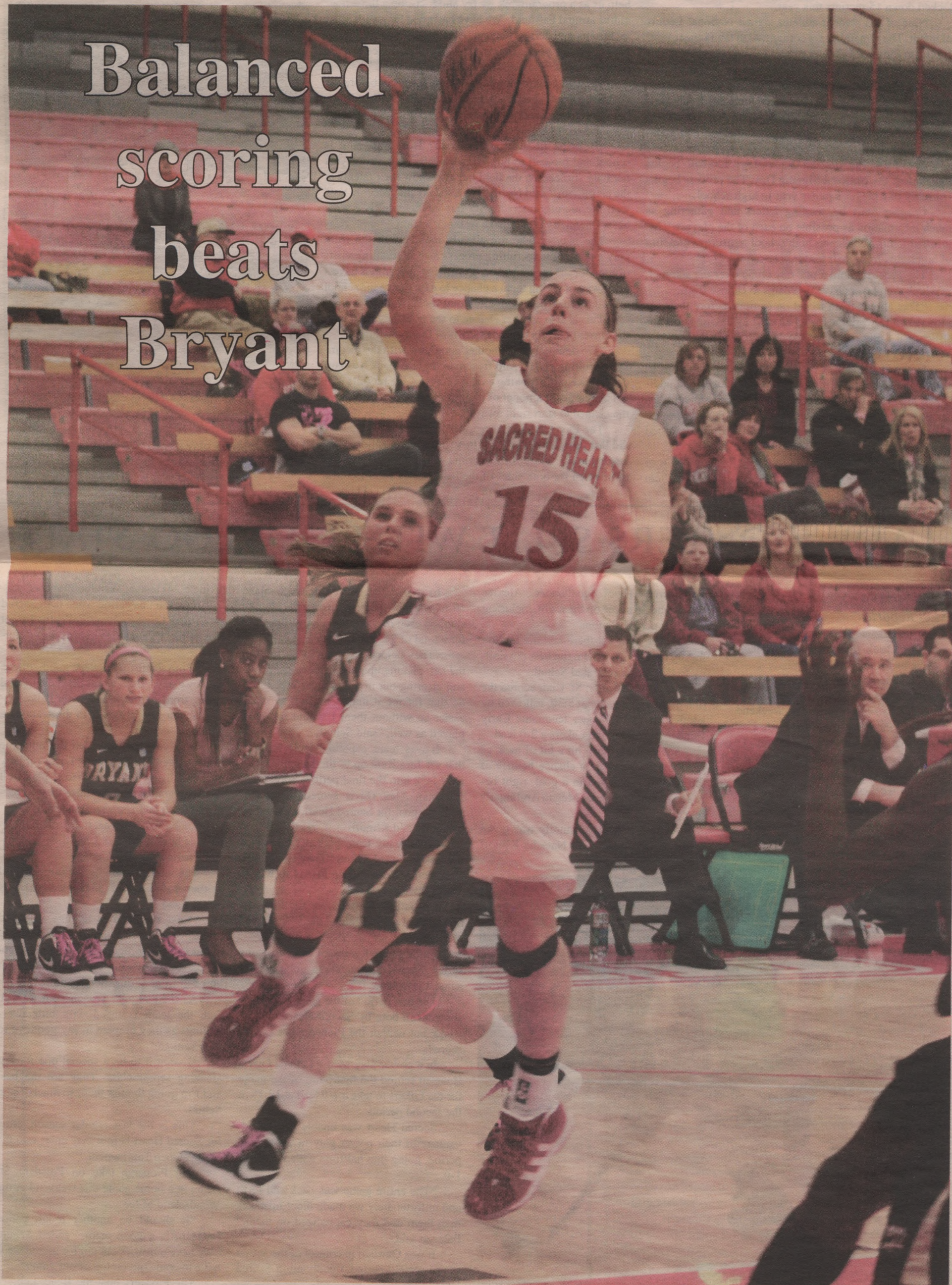


# Sports

The Spectrum

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## Balanced scoring beats Bryant



Junior forward Morgan Merriman (#15) goes up for a layup in Saturday's convincing win over Bryant.

The Spectrum/Jeff Daley